

# **Bicycle Safety Supplement to Teacher Buggy Driving Safety Curriculum**

## **Goal**

The student will:

- Be able to discuss safe practices for riding bicycles along roadways.
- Be able to demonstrate correct hand signals for left turn, right turn, and stop.
- Be able to describe the importance of wearing a helmet while riding a bicycle and how it is properly worn.

## **Materials**

- Student Workbook Supplement
- Bike Safety Question and Answer List

## **Teaching Outline**

1. Ask students for a show of hands: Do they have a bicycle? Do they ride someone else's bicycle if they don't have their own? (This should include almost everyone). Do they ever ride their bicycle on the road?
2. After students have read the Bicycle Safety section of their student workbook, ask for volunteers or pick students to demonstrate:
  - a. Signal for a right turn
  - b. Signal for a left turn
  - c. Signal for a stop
  - d. Practice these signals as a group
3. Go over basic safety rules for riding a bicycle on the road. These rules include:
  - a. Ride on the RIGHT side of the road WITH THE FLOW of traffic. Bicycles are considered vehicles and are subject to the same rules and regulations.
  - b. Stop at all STOP signs and traffic lights.
  - c. Do not ride in the wrong direction (against the flow of traffic) on one-way streets.
  - d. Use proper hand signals to indicate turns.
  - e. Ride single file when riding with a group.
  - f. Give the right of way to pedestrians.
  - g. Do not carry extra riders (passengers).

- h. Always wear your bicycle helmet when you ride your bicycle.
- i. Wear clothes that will make you visible to motorists (neon, fluorescent, or other bright colors).
- j. Avoid biking at night if possible. If you must ride at night, add a light or a lantern to your bicycle, ride only in areas with which you are familiar, and wear retroreflective clothing.
- k. Be alert. Always keep a lookout for obstacles such as potholes, cracks in the road, railroad tracks, wet leaves, drainage grates, or snow and ice.
- l. More than 70% of car-bicycle crashes occur at driveways or other intersections. Before you enter any street or intersection, check for traffic. Always look LEFT, RIGHT, then LEFT again, and walk your bike into the road to begin your ride.

## Evaluation

Bike Safety Question and Answer List:

- Have extra quiz lists available for any assistants.
- Have each student try to answer three questions about bicycle safety correctly (randomly selected from the Bike Safety Question and Answer List). If a student misses a question, keep going until the students answer three questions correctly.

## Optional Activities

- Make a bicycle obstacle course for students to demonstrate safe riding practices.
- Have students demonstrate the proper way to wear a bicycle helmet.

## Resources

Adopted from *Bicycle Safety on Roadways*, developed by Dr. Margaret E. Owens, The Ohio State University Agricultural Safety Group.

*Tips on Bicycle Safety*. Available at: <http://www.nms.lcs.mit.edu/~gutttag/lbbsp/tips.htm>

*10 Smart Routes to Bicycle Safety*. Available at: <http://www.safety1.org/SafeKidsCoalition/BikeSafety/BikeSafety.html>

Highway Safety Game Show (Questions used in Bike Safety Question and Answer List). Available at: <http://www.nhtsa.dot.gov/kids/safeschool/teachers/plans/tp2.html>

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## **Bike Safety Question and Answer List**

1. Q: Is a bicycle considered a vehicle that must follow all traffic signs and signals?  
Answer yes or no.  
A: Yes
2. Q: When you are riding your bicycle at night, what safety equipment is required?  
A: A light or a lantern, a red tail light; wear retroreflective clothing.
3. Q: Where should you ride your bicycle on the roadway?  
A: Ride on the right side of the road, going the same direction as the traffic.
4. Q: When should you replace your bicycle helmet?  
A: Helmets must be replaced after a crash, even if there is no visible damage. They should also be replaced if they become cracked.
5. Q: When riding your bike, how should you communicate with drivers?  
A: Use correct hand signals when turning or stopping.
6. Q: How can you make yourself more easily seen when riding your bicycle on the road during the day?  
A: Wear bright colored clothing and wear retroreflective material.
7. Q: What is the correct way to scan for traffic at an intersection?  
A: Look LEFT, RIGHT, and LEFT again over your shoulder for turning vehicles.
8. Q: What should you be sure to look for when buying a bicycle helmet?  
A: The Consumer Product Safety Commission (CPSC ) sticker and foam pads.
9. Q: When are you allowed to ride your bicycle on the left side of the street?  
A: You can ride on the left, moving with traffic, on a one-way street.
10. Q: What is the correct way to signal a left turn when riding a bicycle?  
A: Hold your left arm straight out.
11. Q: What is the correct way to signal a right turn when riding a bicycle?  
A: Hold your left arm out and up.
12. Q: What is the correct way to signal that you are going to stop when riding a bicycle?  
A: Hold your left arm out and down.

**Q:** What should you do before entering a road or crossing an intersection?

**A:** Look behind you, then look LEFT, RIGHT, then LEFT again over your shoulder. Signal, then enter the road or intersection, or turn.

**Q:** When you are riding your bicycle, what is “scanning”?

**A:** Looking and searching ahead, back, and around you for any traffic hazards.